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# sunshine state

What—or who—is the secret behind Palm Beach's happiest, healthiest complexions? Sarah Brown meets Tammy Fender.

**MADE IN THE SHADE**  
STAR FACIALIST AND HOLISTIC MIX MASTER  
TAMMY FENDER.



EPI-PEEL AND QUINTESSENTIAL SERUM.  
TAMMYFENDER.COM.

until she was lured away to Mar-a-Lago, the former Marjorie Merriweather Post estate reborn as an elite members-only resort.

These days, Fender can be found at her very own space, Tammy Fender Holistic Skin Care, a discreet redbrick building on Flagler Drive. She serves her famous juices—the usual being a cucumber-celery-and-sunflower-sprout base—which she says “help cleanse the blood, detoxify the body and the skin. Skin is an eliminating organ; if anything is out of balance, you’ll see it on your face.” Meanwhile, a chef prepares raw organic salads and soups for lunch, which are so popular that many clients request them daily (which means, Fender shyly admits, “their drivers pick them up”). She has her own lab now, too, where she cooks up skin savers like the Epi-Peel (an exfoliant, mask, and peel in one) and Intensive Repair Balm (created for postop clients) on a somewhat larger scale than her kitchen stove allowed. She still keeps the batches small and the ingredients organic, which accounts for the prices: The lavender cleansing milk alone runs \$55 (and I am on bottle number two).

But back to what makes her facials so special—because without an extraordinary facial, Tammy Fender wouldn’t have an appointment book that’s crammed from now through the next three months.

To be honest, I’m not entirely sure what made that first treatment so technically excellent—she steamed my face, gently nudged clogged pores, applied mask after mask, gave a great shoulder massage—because I had happily drifted away. What I can say is that after it was all over—and I found myself sitting on the couch drinking the previously suspicious beet cocktail, inquiring after the recipe, and asking for seconds—my puffy, angry face had become smoother, calmer, and, at the risk of sounding cliché: radiant. □ *beauty >180*

711 N. Flagler Dr., West Palm Beach; (888) 655-9991. Facials from \$175.



The first time I met Tammy Fender, I was in no mood for a facial. I’d been scheduled that afternoon to tape a segment for a television program, but the makeup artist clumsily glued tiny clusters of individual lashes to—or rather, *into*—the corners of my upper eyelids while ranting on about her ex-boyfriend and pausing every few minutes to text him angrily. The glue got in my eyes; stinging tears rolled down my cheeks in streams for the better part of an hour. Face: swollen and red; mood: very bad. The camera crew went home. I hid in my office and slogged through the day. So when I arrived that evening at a penthouse suite in the Bryant Park Hotel for an appointment with Fender—the Palm Beach facialist and miracle worker I’d heard so much about—it was, as I saw it, a courtesy. *Don’t touch me*, I pleaded in my head as I tried to be friendly and forced my still-puffy face into a smile. *I’m not putting on that white terry wraparound thing*. I was thinking as I politely declined a beet-juice cocktail in a beaker-like glass.

But then, I gave in and learned what so many others—the most glamorous women

in Palm Beach—know about Tammy Fender, and why they are so devoted, not only to this tiny blonde mother of two boys, but also to keeping her their secret: With her soothing voice and a serene aura that circles her like sunshine, she might actually be able to fix you. And another thing, if you can walk out of a facial not pushing your hair in your face or racing for concealer, you’ve really got something.

Tammy Fender was the sort of child who picked up those little books on vitamins and health at the grocery-store checkout instead of begging her parents for candy and gum. While studying psychology in college, she worked behind a cosmetics counter, where she grew interested in what was in the products she was selling. She began blending herbs and pure essential oils in her kitchen, and quickly word spread of the woman with the gentle yet remarkably effective holistic homemade creams. Soon she had a loyal following. She began doing facials at the Ritz in Manalapan, Florida; then she set up shop at the Palm Beach Bath & Tennis Club—